

Potassium Values of Food




Potassium is a mineral found in many foods. One of its main jobs is to send messages to your muscles so they will work properly.

When potassium in the blood is too high it can cause muscle weakness, breathing problems and it can change the heart beat enough to cause serious damage or even death.

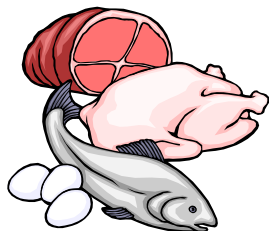
If potassium is too low, it can cause muscle weakness, irregular heartbeat, low blood pressure and confusion.

When kidneys work well they control potassium you eat. Depending on your blood level of potassium you may be able to eat 2000-4000 mgs of potassium daily. Whether you need a low potassium diet or a high potassium diet the following list should help you make the best choices.

Milk, Cheese & Dairy		
Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Cheese, 1oz American 69mg Cheddar 28mg Cream 17mg Mozzarella 27mg Swiss 31mg Cottage cheese, ½ cup 97mg Cream, heavy, 1 Tbsp 11mg Cream, sour, 1 Tbsp 17mg Ice cream: Vanilla, ½ cup 131mg Pudding cup, 4oz: Vanilla 128mg	Frozen yogurt 152mg Ice cream: Chocolate, ½ cup 164mg Milk: Buttermilk, ½ cup 185mg Chocolate, ½ cup 210mg Skim, ½ cup 204mg 1% low fat, ½ cup 190mg Whole, ½ cup 185mg Soy milk, ½ cup 173mg Pudding, instant: Chocolate, ½ cup 215mg Vanilla, ½ cup 190mg Pudding cup, 4oz: Chocolate 201mg	Milk: Condensed, ½ cup 567mg Evaporated, ½ cup 425mg Yogurt, plain, low fat, 8 oz container 531mg 

Meats, Dry Beans & Nuts*

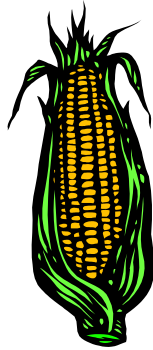
Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beef: Ground, lean 135mg Roast 150mg Egg, whole, fresh 70mg Oysters, raw, 6 med 131mg Nuts: Pecans, 1 oz 116mg Walnuts, 1oz 125mg Peanut butter, 1 Tbsp 115mg	Chicken breast, no skin 220mg Crab, Alaskan 223mg Shrimp 155mg Egg substitute, ¼ cup 207mg Fish, catfish, breaded 289mg Nuts: Almonds, 1oz 201mg Cashews, 1oz 160mg Coconut, sweet, ½ cup 157mg Seeds: Pumpkin, 1 oz 229mg Sunflower kernels 241mg Tuna, canned 200mg Turkey, light/dark 250mg	Beans, dry, cooked: Baked 380mg Black-eye 320mg Kidney 350mg Lentils 365mg Lima 265mg Navy 385mg Pinto 400mg Soybeans 485mg Clams, raw 267mg Fish: Cod 440mg Haddock 339mg Pollock 329mg Salmon, fresh 319mg Tuna, fresh 484mg Ham 300mg Lamb 265mg Lobster 300mg Nuts: Pistachio, 1 oz 295mg Pork loin/chop 370mg Scallops, 6 large 300mg Veal, roasted 251mg



*All meat servings are 3oz unless otherwise specified

Vegetables*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beans, green/yellow 85mg	Asparagus, canned/frz 200mg	Artichoke, 1 med 425mg
Beets, canned 126mg	Broccoli, cooked 228mg	Avocado, pureed 558mg
Broccoli, raw 143mg	Brussels sprouts, cooked 250mg	Beet greens 650mg
Cabbage, green, raw 86mg	Carrots, raw 178mg	Cabbage,
Carrots, canned 131mg	Celery, raw 172mg	Chinese, cooked 315mg
Cauliflower, cooked 115mg	Collards, cooked 246mg	Kohlrabi, cooked 280mg
Corn, frozen, kernel 121mg	Corn, creamed 171mg	Okra, cooked 258mg
Cucumber, with peel 75mg	Sauerkraut, canned 201mg	Parsnips 286mg
Eggplant, cooked 123mg	Squash, summer, cooked 173mg	Potato:
Lettuce 43mg	Tomato, fresh, raw 200mg	Au gratin 485mg
Mushrooms, raw 130mg		Baked, 1 med 610mg
Mustard greens, cooked 141mg		Boiled, 1 med 515mg
Onion, raw 126mg		French fried 550mg
Peas, canned 148mg		Hash browned 251mg
Peppers, green 132mg		Mashed 315mg
Radishes, raw 135mg		Scalloped 463mg
Spinach, raw 84mg		Yams, canned 398mg
Turnips, cooked 106mg		Pumpkin, canned 253mg
Turnip greens, cooked 146mg		Rutabagas, cooked 277mg
		Spinach, canned 370mg
		Squash, winter, cooked 448mg
		Tomatoes:
		Canned, whole 265mg
		Juice 267mg
		Paste 1228mg
		Sauce 454mg
		Vegetable juice cocktail 234mg



*All vegetable servings are ½ cup unless otherwise specified



Fruit*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Apple juice 148mg Applesauce 78mg Apricot, one raw 104mg Blackberries, raw 141mg Blueberries, raw 65mg Grapes, 10 each 93mg Lemon, 1 med 80mg Mango 128mg Pears, canned 119mg Pineapple, raw 88mg Plum, 1 med 114mg Raspberries, raw 94mg Rhubarb, cooked, sweetened 115mg Strawberries, raw 138mg Tangerine/mandarin oranges 1 small, raw fruit 132mg	Apple, raw 159mg Apricots, canned 200mg Cherries, 10 sweet 152mg Fruit cocktail 210mg Grapefruit, ½ fruit 159mg Guava, raw 235mg Melon, Cantaloupe 247mg Melon, Honeydew 230mg Orange, 1 med 237mg Papaya 180mg Peaches, canned/raw 160mg Pear, 1 med 208mg Pineapple, canned 152mg Plums, canned 194mg Watermelon, raw 176mg	Banana, 1 med 467mg Dates 581mg Figs, dry, 2 each 271mg Kiwi, 1 med 252mg Nectarines, 1 med 288mg Passion fruit, purple 410mg Persimmon, Japanese 270mg Plantain, cooked 360mg Pomegranate, 1 med 399mg Prunes, dried 415mg Raisins 545mg
Fruit juice: Apple 148mg Cranberry 23mg Grape 26mg Apricot nectar 143mg Peach nectar 50mg Pear nectar 16mg Tang 24mg Fruit punch drink 31mg	Fruit juice: Grapefruit 203mg Orange 237mg Pineapple 168mg	Fruit juice: Prune 354mg Passion fruit juice, Purple/yellow 344mg



*All fruit & juice servings are ½ cup unless otherwise specified

Breads, Grains & Cereals

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Bagel, 3 ½" plain 72mg Biscuit, 1- 4" plain 122mg Cornbread, 2" square 96mg Bread, sliced, white/wheat 50mg Cereal, 1 cup: Cheerios® 96mg Corn Flakes® 22mg Rice Krispies® 35mg Prepared hot cereals, 1 cup: Cream of wheat® 48mg Grits 51mg Malt-o-meal® 31mg Oatmeal 131mg Crackers, 4 squares 15mg Croissant, small 67mg Muffins, small: Banana 65mg Blueberry 70mg Wheat bran 60mg Pasta, ½ cup, cooked 45mg Pancake, buttermilk, 2 small 110mg Rice, white, ½ cup, cooked 33mg Roll, dinner, small 40mg Tortilla, corn or flour 41mg Waffles: Homemade 120mg Frozen 42mg	Cereal, 1 cup: Complete Bran Flakes® 228mg Frosted Mini Wheats® 190mg Muffin, oat bran, small 289mg Pancakes, wheat, 2 small 250mg 	Cereal, 1 cup: Raisin bran® 372mg All bran® 678mg Granola, w/raisins 420mg 

Other

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beer, 12 oz 89mg Coffee, 1 cup 128mg Red wine, 3.5 oz 115mg White wine, 3.5 oz 82mg Cake, Angel food, 1" slice 26mg Chocolate, 2 x 2" 126mg White, 2 x 2" 70mg Carbonated beverages: Cola, 12 fl oz 4mg Lemon/lime, 12 fl oz 4mg Orange, 12 fl oz 7mg Catsup, 2 Tblsp 144mg Cookies, 1 each Chocolate chip 36mg Fig bar 33mg Grahams, 2 squares 19mg Oatmeal raisin 36mg Peanut butter 46mg Sugar 11mg Vanilla wafer 4mg Gelatin, ½ cup 1mg Pie: Apple, ⅛ pie 122mg Cherry, ⅛ pie 139mg Popcorn, 1 cup 25mg Pretzels, 10 each 88mg Sherbet, orange, ½ cup 71mg Soup, made w/water, 1 cup: Beef noodle 100mg Chicken noodle 108mg Cream of chicken 88mg Cream of mushroom 100mg Tortilla chips, 1 oz bag: plain/nacho cheese 60mg Tea, 1 cup 88mg	Chocolate bar (1.5 oz) 169mg Cocoa mix, made w/water 1 cup 202mg Eggnog, ½ cup 210mg Pie, pecan, ⅛ pie 162mg Soup, made w/water, 1 cup: Split pea 190mg Vegetable beef 173mg	Cheeseburger, plain 285mg Chili, w/beans, 1 cup 691mg Cocoa mix, sugar-free, made w/water, 1 cup 405mg Pie, pumpkin, ⅛ pie 288mg Potato chips, 1 oz bag: BBQ 357mg Plain 361mg Low fat 491mg Salt substitute, ¼ tsp 800mg Soup, made w/water, 1 cup: Chicken vegetable 367mg Clam chowder 300mg Minestrone 313mg Tomato 264mg Taco, small 474mg Trail mix, ½ cup: Regular or Tropical 495mg



*Remember:

It is important to know the serving size of the foods you eat. The serving size can determine if a food is low, medium or high in potassium. **A large serving of a low or medium potassium food can turn into a very high potassium food!**

Reference: USDA Nutrient Database for Standard Reference: www.nal.usda.gov.